

9. ACTIVITY LIMITATION

Measure Definition: *“Are you limited in any way in any activities because of physical, mental, or emotional problems?” [Yes]*

Why is activity limitation important to public health?

The activity limitation question has historically been used by the BRFSS to screen for disability. Disability results when a physical or mental limitation is expressed in a social context. Chronic illnesses and disabilities, and their subsequent activity limitations, are a major health problem for many adults. Chronic illnesses and disabilities are often associated with reduced functioning, sensory impairments, depression, the need for extended care, loss of independence, and increased health care costs. As the population ages, the number of adults who experience activity limitation will have substantial effects on the health care system and its resources.²⁰

Risk factors for activity limitation

Generally, females are more likely to experience activity limitation compared to males, and the older an individual is the more likely he or she will experience activity limitation. Among racial/ethnic groups, Asian and Pacific Islander persons reported the lowest rate of activity limitation, whereas Native American, non-Hispanic Black, and non-Hispanic White persons have reported higher rates. Education is inversely related to activity limitation; the more education someone has, the less likely he or she is to experience activity limitation.²¹

The major causes of activity limitation vary with age. In general, persons aged 18 to 44 years have reported back disorders as the most prevalent cause of activity limitation compared to those over 45 years of age who generally report heart disease as the most prevalent cause of activity limitation.²²

In Utah, 25.5% of females reported activity limitation compared to 23.0% of males, and persons aged 65 and older reported the highest percentage of activity limitation (31.5%) for any age group. Generally, married people experienced less activity limitation (22.4%) compared to people who were separated (38.6%), divorced (31.5%), widowed (31.1%), or never married (30.8%). Twice as many people with an annual household income of less than \$20,000 reported activity limitation (44.8%) compared to 20.0% for those with an annual household income of \$50,000 or more.

Activity limitation in Utah

The age-adjusted rate of Utah respondents who reported activity limitation from 2001–2005 was 18.6%. In 2003, more than 283,000 Utah adults reported being limited because of a physical, mental, or emotional problem, which is equivalent to the population of Davis County. Summit County health district reported an age-adjusted rate of activity limitation that was lower than the state rate (13.6%), while Southeastern Utah health district reported a higher prevalence of activity limitation (21.9%) than the state rate.

Within the local health districts there were small areas with lower and higher prevalence of activity limitation relative to the age-adjusted state rate. For example, adults living in Rose Park (7.5%) and Other Box Elder County (10.7%) reported a lower prevalence of activity limitation than the state rate. Adults living in the Southeastern Utah health district (21.9%), Juab, Millard, and Sanpete Counties (22.5%), Sandy Center (24.1%), Carbon and Emery Counties (24.2%), West Jordan North (24.5%), and Ben Lomond (24.6%) reported a higher prevalence of activity limitation compared to the state rate.

Utah Goal: No goal listed.

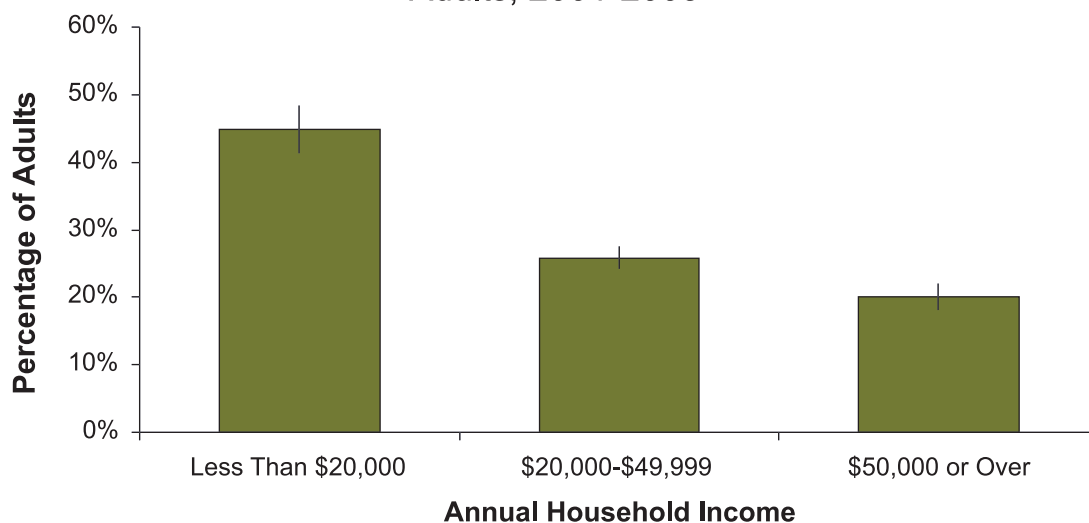
HP2010 Goal 1: Overarching – Improve the quality and years of healthy life and eliminate health disparities.

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Activity limitation in Utah (continued)

Activity limitation varied significantly by age. For each successive age group (18–34, 35–49, 50–64, and 65 and over), the percentage of activity limitation increased significantly. A total of 10.4% of young adults (aged 18–34) experienced activity limitation and 31.5% of seniors aged 65 years and older experienced activity limitation. Activity limitation also varied by income. Those with a higher household income experienced less activity limitation compared to those with a lower household income. A total of 44.8% of respondents in households with an income of less than \$20,000 experienced activity limitation compared to 20.0% of households with an income of \$50,000 or greater. Because the BRFSS is a cross-sectional survey, the characteristics studied were assessed at a single point in time. Thus, in some cases, it is not possible to determine whether the characteristic preceded or followed an individual's report of fair or poor health.³

Figure 9.A: Activity Limitation by Income, Utah
Adults, 2001-2005



Prevention/Resources

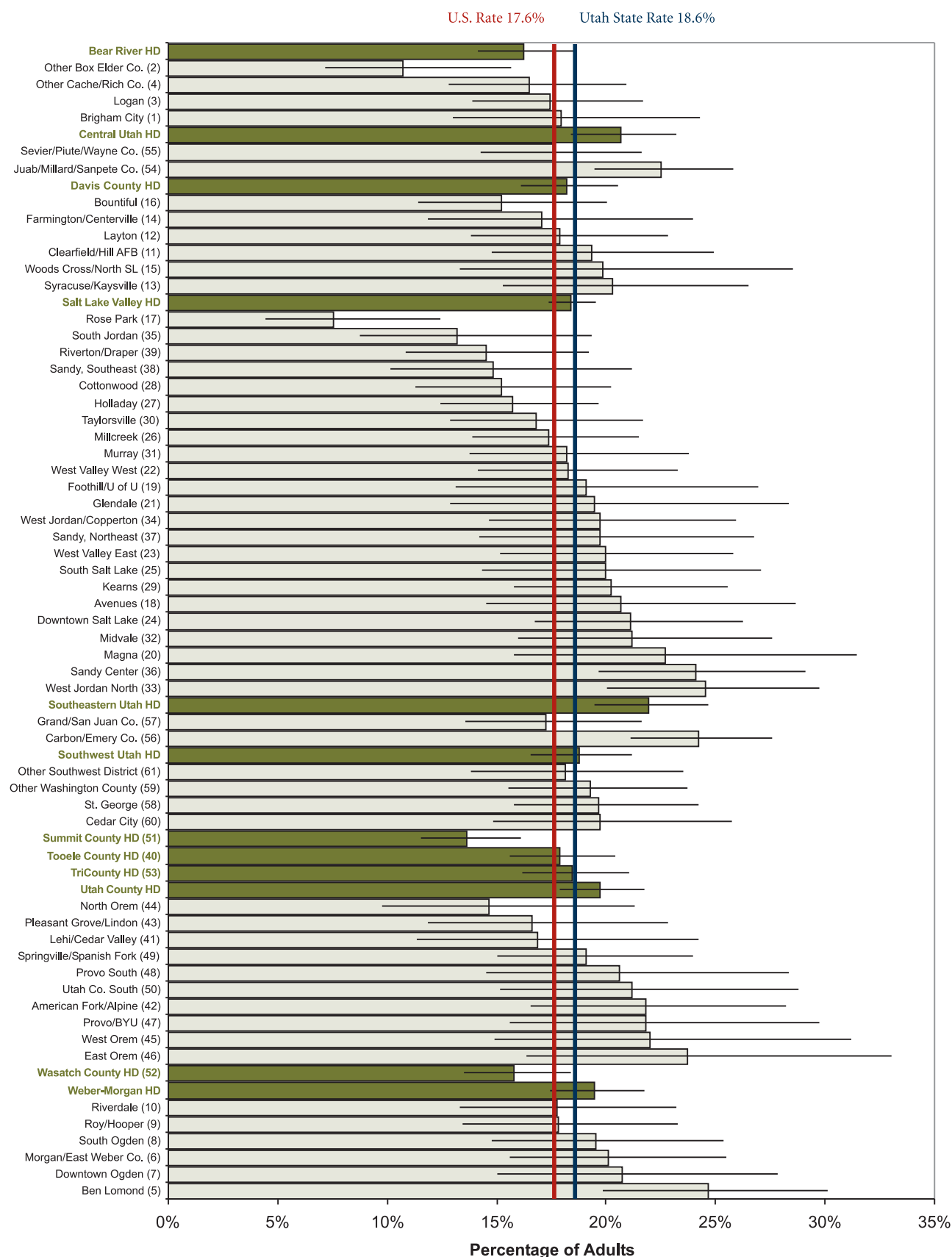
Physical activity and managing weight are a vital part of a healthy lifestyle for people who report activity limitations. Physical activity and weight management not only promote health and prevent disease, but also help to reduce the number of secondary conditions that can result from a disease or disability.

For more information about encouraging physical activity, contact the following agencies: Services for People With Disabilities (801-538-4200 or toll free at 1-800-837-6811, <http://www.hsdspd.utah.gov>); Aging Services Administrative Office (801-538-3910 or toll free at 1-877-424-4640, <http://www.hsdaas.utah.gov>); Utah Department of Health (801-538-6141, <http://health.utah.gov/bhp/>); Utah Walks (801-538-6241, www.utahwalks.org); Heart Disease and Stroke Prevention Program (801-538-6142, www.hearthighway.org); Utah Council for Worksite Health Promotion (801-538-6256, <http://health.utah.gov/worksitewellness/>); Utah State Parks and Recreation (801-538-7220, www.stateparks.utah.gov); Utah's Local Health Departments (<http://health.utah.gov/lhd/lhd-directory.pdf>); and Jordan River Parkway (801-468-2299, <http://www.parks-recreation.org/parks/html/jordan.html>).

Obtaining and maintaining mental health is also important for people who report activity limitation. For more information about mental health, contact the following agencies: The Utah Division of Substance Abuse and Mental Health (<http://www.dsamh.utah.gov>) and the U.S. Substance Abuse and Mental Health Services Administration (<http://www.samhsa.gov>).

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Figure 9.1: Percentage of Adults Reporting Activity Limitation by Local Health District and Small Area, Utah Adults Aged 18+, 2001–2005 (Age-adjusted)



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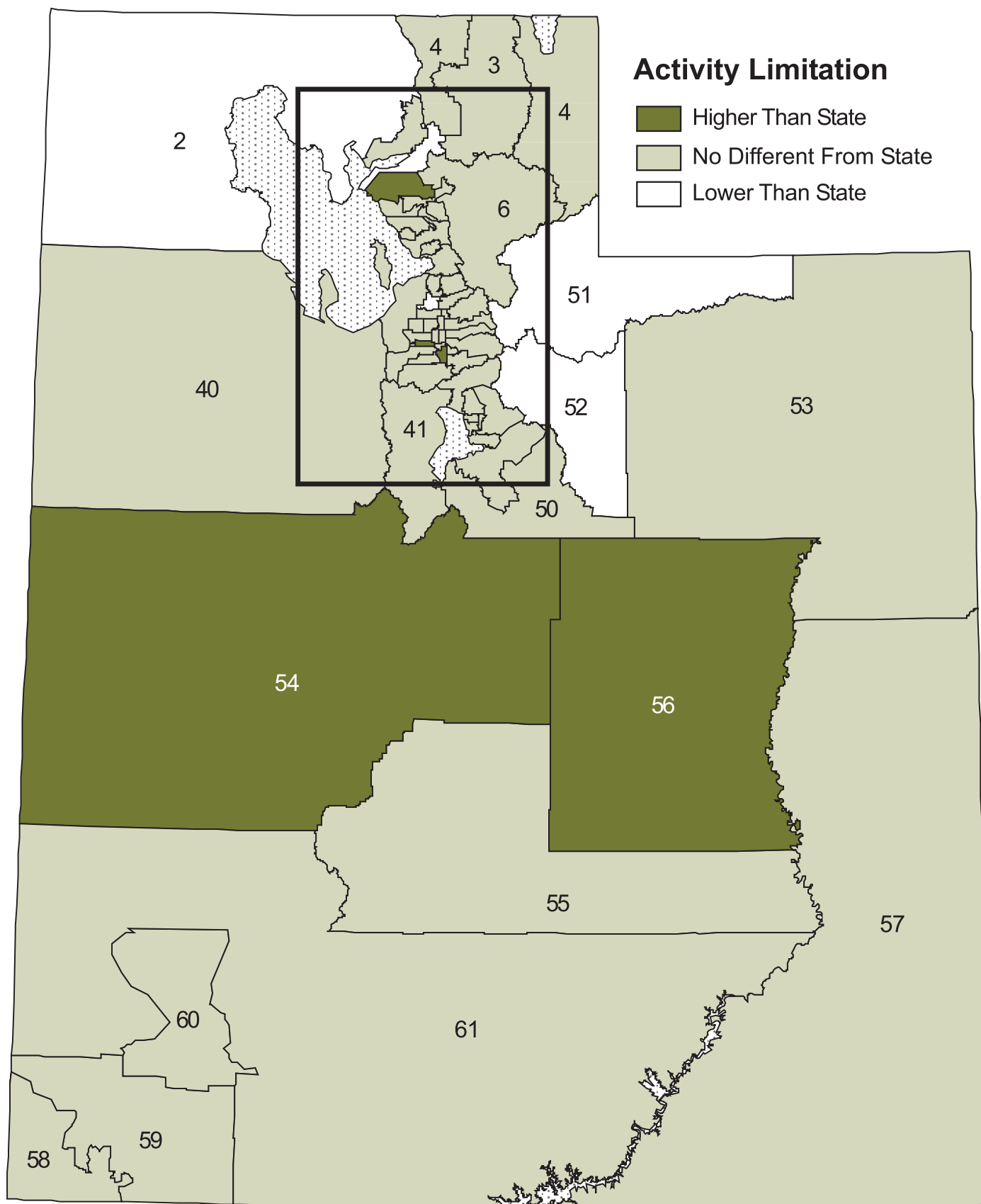
Table 9: Activity Limitation by Health District, Small Area, Utah, and U.S., 2001-2005

State Rank*	State, Health District, or Small Area	2003 Population 18+	Number of Adults Reporting Activity Limitation	Crude Rate	Age-adjusted Rate	95% Confidence Interval	
						Lower	Upper
	U.S.	217,803,051	38,442,239	17.7%	17.6%	17.4%	17.7%
	State of Utah	1,657,454	283,425	17.1%	18.6%	18.0%	19.3%
	Bear River HD	98,027	14,322	14.6%	16.2%	14.2%	18.6%
25	Brigham City (1)	14,566	2,382	16.4%	17.9%	13.0%	24.3%
19	Logan (3)	45,904	6,817	14.9%	17.5%	13.9%	21.7%
2	Other Box Elder Co. (2)	14,636	1,595	10.9%	10.7%	7.2%	15.7%
12	Other Cache/Rich Co. (4)	22,921	3,349	14.6%	16.5%	12.8%	20.9%
	Central Utah HD	47,558	9,611	20.2%	20.7%	18.3%	23.2%
55	Juab/Millard/Sanpete Co. (54)	31,637	6,821	21.6%	22.5%	19.5%	25.8%
20	Sevier/Piute/Wayne Co. (55)	15,921	2,836	17.8%	17.6%	14.3%	21.6%
	Davis County HD	175,027	29,352	16.8%	18.2%	16.1%	20.5%
9	Bountiful (16)	33,318	4,811	14.4%	15.2%	11.4%	20.1%
33	Clearfield/Hill AFB (11)	37,329	6,383	17.1%	19.3%	14.7%	24.9%
16	Farmington/Centerville (14)	19,034	2,830	14.9%	17.1%	11.9%	23.9%
23	Layton (12)	46,815	7,650	16.3%	17.9%	13.8%	22.8%
45	Syracuse/Kaysville (13)	24,542	4,337	17.7%	20.3%	15.3%	26.5%
40	Woods Cross/North SL (15)	13,989	2,963	21.2%	19.8%	13.3%	28.5%
	Salt Lake Valley HD	658,810	110,944	16.8%	18.4%	17.3%	19.5%
47	Avenues (18)	18,959	3,888	20.5%	20.7%	14.5%	28.7%
8	Cottonwood (28)	33,297	5,221	15.7%	15.2%	11.3%	20.2%
49	Downtown Salt Lake (24)	42,808	8,125	19.0%	21.1%	16.8%	26.2%
31	Foothill/U of U (19)	17,778	3,396	19.1%	19.1%	13.1%	27.0%
34	Glendale (21)	18,642	3,305	17.7%	19.5%	12.9%	28.3%
10	Holladay (27)	35,956	6,458	18.0%	15.7%	12.4%	19.7%
44	Kearns (29)	42,995	7,232	16.8%	20.2%	15.8%	25.5%
56	Magna (20)	15,623	3,659	23.4%	22.7%	15.8%	31.5%
51	Midvale (32)	21,672	3,821	17.6%	21.2%	16.0%	27.6%
18	Millcreek (26)	44,008	7,794	17.7%	17.4%	13.9%	21.5%
27	Murray (31)	24,072	4,393	18.3%	18.2%	13.7%	23.8%
5	Riverton/Draper (39)	41,391	5,286	12.8%	14.5%	10.8%	19.2%
1	Rose Park (17)	22,639	1,580	7.0%	7.5%	4.5%	12.4%
58	Sandy Center (36)	36,106	8,073	22.4%	24.1%	19.6%	29.1%
39	Sandy, Northeast (37)	18,245	3,457	19.0%	19.7%	14.2%	26.7%
7	Sandy, Southeast (38)	20,781	2,402	11.6%	14.8%	10.1%	21.2%
3	South Jordan (35)	20,931	2,909	13.9%	13.2%	8.8%	19.3%
42	South Salt Lake (25)	18,456	3,551	19.2%	20.0%	14.4%	27.1%
14	Taylorsville (30)	27,372	4,166	15.2%	16.8%	12.9%	21.7%
60	West Jordan North (33)	30,391	5,829	19.2%	24.5%	20.0%	29.7%
37	West Jordan/Copperton (34)	26,360	3,870	14.7%	19.7%	14.7%	25.9%
41	West Valley East (23)	35,527	6,544	18.4%	19.9%	15.2%	25.8%
28	West Valley West (22)	44,794	6,836	15.3%	18.3%	14.2%	23.3%
	Southeastern Utah HD	36,828	8,080	21.9%	21.9%	19.4%	24.6%
59	Carbon/Emery Co. (56)	21,451	5,258	24.5%	24.2%	21.1%	27.6%
17	Grand/San Juan Co. (57)	15,377	2,626	17.1%	17.2%	13.6%	21.7%
	Southwest Utah HD	116,150	22,034	19.0%	18.8%	16.6%	21.2%
38	Cedar City (60)	22,401	3,667	16.4%	19.7%	14.8%	25.8%
26	Other Southwest District (61)	15,384	3,128	20.3%	18.2%	13.8%	23.5%
32	Other Washington County (59)	32,503	6,348	19.5%	19.3%	15.5%	23.7%
36	St. George (58)	45,862	9,062	19.8%	19.7%	15.8%	24.2%
4	Summit County HD (51)	24,525	2,784	11.4%	13.6%	11.5%	16.1%
24	Tooele County HD (40)	32,458	5,258	16.2%	17.9%	15.6%	20.4%
29	TriCounty HD (53)	28,023	5,229	18.7%	18.5%	16.2%	21.0%
	Utah County HD	278,832	46,230	16.6%	19.8%	17.9%	21.8%
52	American Fork/Alpine (42)	26,819	5,090	19.0%	21.8%	16.6%	28.2%
57	East Orem (46)	14,955	3,126	20.9%	23.7%	16.4%	33.0%
15	Lehi/Cedar Valley (41)	18,752	2,657	14.2%	16.9%	11.4%	24.3%
6	North Orem (44)	25,965	2,763	10.6%	14.6%	9.8%	21.3%
13	Pleasant Grove/Lindon (43)	24,636	3,752	15.2%	16.6%	11.8%	22.8%
53	Provo/BYU (47)	39,401	8,081	20.5%	21.8%	15.6%	29.7%
46	Provo South (48)	48,138	4,626	9.6%	20.6%	14.5%	28.4%
30	Springville/Spanish Fork (49)	41,036	7,288	17.8%	19.1%	15.0%	24.0%
50	Utah Co. South (50)	17,363	3,219	18.5%	21.2%	15.1%	28.8%
54	West Orem (45)	21,774	4,925	22.6%	22.0%	14.9%	31.2%
11	Wasatch County HD (52)	12,514	1,858	14.9%	15.8%	13.5%	18.4%
	Weber-Morgan HD	148,702	27,703	18.6%	19.5%	17.5%	21.8%
61	Ben Lomond (5)	33,215	7,257	21.9%	24.6%	19.9%	30.1%
48	Downtown Ogden (7)	21,684	3,944	18.2%	20.7%	15.1%	27.8%
43	Morgan/East Weber Co. (6)	24,131	4,674	19.4%	20.1%	15.6%	25.5%
21	Riverdale (10)	15,522	2,631	17.0%	17.7%	13.3%	23.2%
22	Roy/Hooper (9)	27,898	4,126	14.8%	17.8%	13.4%	23.3%
35	South Ogden (8)	26,255	5,122	19.5%	19.5%	14.8%	25.4%

*State rank is by 61 small areas for age-adjusted rate; 1 is always the lowest rate in the state and 61 is always the highest rate in the state.

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Figure 9.2: Activity Limitation by Small Area, Utah Adults Aged 18+, 2001–2005 (Age-adjusted)



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Figure 9.3: Activity Limitation by Small Area, Wasatch Front Adults Aged 18+, 2001–2005 (Age-adjusted)

